

Haiti Medical Mission 2011

Trip Packing List

Mattress

Pillow - suggest travel size

Sheet and/or light blanket

Mosquito net

Rope or nylon fishing line to hang netting

Sunscreen

Insect Repellent

Hand gel - personal size and regular size

Towel - suggest quick dry type

Swimsuit

Flashlight

Sunglasses

Roll of toilet paper - remove cardboard tube and place in ziplock bag

Bible

Pen and Paper

Personal products - deodorant, soap, shampoo, toothbrush, toothpaste

Backpack - suggest use as carry -on item

Water bottle

Light weight Clothes - dress clothes for Church services (skirts for women)

Comfortable shoes

Passport

Any personal medications you may need

Suggested but not required items:

Small package personal body wipes (baby wipes type)

Protein snacks

Gatorade powder

Clothes pins to hang towel and/or wet clothes